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THE ATHLETIC JOURNAL

A PROFESSIONAL MAGAZINE FOR THE
COACHES OF THE COUNTRY

JOHN L. GRIFFITH, EDITOR

VOLUME II

APRIL, 1922

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The ATHLETIC JOURNAL

Vol. II

CHAMPAIGN, ILLINOIS

No. 8

MIDDLE DISTANCE RUNNING

BY

STEPHEN J. FARRELL

Track Coach

University of Michigan

"Steve" Farrell, besides winning for two years both the Sheffield and Manchester handicaps, the English Blue Ribbon derbies, was, a quarter of a century ago, the premier half-mile runner of the United States. His records of 10 flat in the 100 yard dash, 48 seconds in the 440, 1:53 in the 880 and 4:30 in the mile stamp him as one of the greatest runners the game has yet produced. He has had a successful coaching record at Maine, Yale, Ohio and Michigan. The Michigan students affectionately call him the "Grand Old Man" and the grand old man he is, for he has not only been a wonderful athlete but also has been and now is a great coach; furthermore he is a sportsman and a gentleman.—EDITOR'S NOTE.

THE following suggestions are for coaches who are confronted with the task of training middle distance runners. These principles of training have been tried and proven and will bring results when applied to young athletes, but at the same time it may be well to remark that all the training in the world will not make a champion out of a bad runner.

The two events which properly come under the classification of the middle distances are the quarter and half mile runs. These two running events combine the qualities required in sprint running and in running the distances as well. A good quarter miler must possess some of the sprinter's speed and considerable of the distance man's endurance. There have been many arguments among track men as to whether the natural sprinter or the half miler type of runner makes the best quarter miler. We have had many champions who have length-



ened the sprints to the 440 and we have had some who have reduced the distance from the half to the quarter. There are two types of men who in my opinion make the best quarter milers; one is the sprinter who has the endurance to carry him through the full four hundred and forty yards and the other is the half miler who can go through the distance at a good fast clip and carry it all the way. The sprinter will be the more successful, but the other fellow will always be dangerous when the conditions are not favorable for the sprinter.

The quarter miler must be able to start fast. He should take his sprinting practice the same as the sprinters. Most races today are run on circular tracks and since the pole course is the shortest way home, a fast beginner has a good chance to get the pole at the start and he stands less chance of being cut down on the corners. The man who can take the pole at the first turn has a big advantage over the man who is slow on his getaway and consequently has to fall behind, and this means the loss of a stride or two, or running wide on the end, and this

means running further than the man on the inside.

While the sprint to the first turn is desirable, the greatest mistake a novice can make is to run himself off his feet in the first part of his race and then not have anything to finish with, particularly if he is in a relay and he has had to make up some distance. Every runner should know his pace and then should run his races accordingly. This matter of acquiring judgment of pace is of prime importance and the coach should insist that the runners whom he is training should study themselves and learn to judge their own speed and capabilities. This does not mean that they should run over the full distance every night against the watch. A great many school boys are ruined for the big show by running trials every other day. The successful coach works his men carefully and has them fit to run races, not trials. No man should ever run a trial quarter mile or, for that matter, a trial over any distance unless he is in shape.

The half mile is probably the hardest race run by the school and college athlete and the half miler like the quarter miler must be possessed of speed and staying power. No coach can instruct his man how to run the half mile unless he knows him thoroughly. The good finisher will stay behind and make his try in the last fifty yards, while the "plugger" who depends upon his strength to carry him through will have to run all the way to kill off the sprinter at the finish. I remember the answer which might apply to the plugger, that an old coach gave a high school athlete who asked him the best way to run a half mile. He said: "Get to the quarter mark as soon as you can and come home as fast as possible."

The 880 requires more hard work than the 440 and long, slow work should be the order until the runner gets his legs in good shape. In

fact, the coach should prescribe a course of training that will build up his men. This result can not be accomplished in a few weeks, but a long period of training is required to give the men stamina; the old-timers call it bottom, and to strengthen their leg muscles.

Some coaches insist on the manner in which the runner shall carry his arms, but I seldom instruct a man in this art, provided he carries them in an easy manner; for he is not thinking of his arms if he has his mind on the race. However, a half miler should be careful how he holds his head as he should not get it in a constrained position that will make it difficult for him to breathe freely. Practically every distance runner breathes both through his nose and mouth and since the wind is one of the most essential things in this race, the athlete should be careful not to waste his strength by incorrect breathing.

In conclusion, I want to speak a word of caution to the young coaches regarding the amount of work that should be given schoolboy runners. Too often an over-zealous coach will overwork his men not only in preparing them for their races, but also by starting them in too many events in the dual and conference meets. The association of college Track Coaches of America has gone on record as advising against running school boy middle distance runners in both the quarter and the half the same day or in either of these events and another track event. It is better to err on the side of caution and it is well to have your men undertrained rather than overtrained, not only because they will perform better when they are not overworked, but also, what is more important, because overworking young runners is detrimental to their general health; the right kind of a coach will be concerned with making men even more than he will be set on developing champions.

SPRINTING

BY

H. J. HUFF

Director of Athletics and Track Coach
Grinnell College

Mr. Huff, a sprinter of renown and a former member of the American Olympic Team, has had the distinction of developing a number of famous sprinters. Illustrations one, three and five are of Paulu, one of the best of the present crop of sprinters. Last year he won the 100 yard dash in the National Collegiate Athletic Association Meet. Illustrations two and four picture Chas. Hoyt, a former Grinnell sprinter with a mark of twenty-one and two-fifths seconds for the two-twenty dash.—EDITOR'S NOTE.

THE term "sprint" usually refers to the distance which a man can run at top speed. This includes all distances up to and including three hundred yards.

It is next to impossible to pick out a particular type of man for the sprints. We have had champions who were short and champions who were tall and rangy. These runners differ somewhat in their style of running. The short and more muscular runner is better adapted to the "bounding" style which develops a stride almost as long as that of the taller runner who naturally has a longer stride. The arm motion also differs slightly, the former swinging the arms more across the body, while

the latter swings them straight forward and back.

Sprinting is primarily a test of speed rather than endurance, but the latter is very essential and occasionally determines the success or failure of a runner, especially is this true of the longer sprints. Sprinting requires a great amount of nervous energy, in fact a nervous temperament is a great asset when properly controlled.

Aside from "speed" it is difficult to say just what is the most important factor in sprinting. Some coaches say it is the start and they may be correct, for the start certainly is of vital importance. This is especially true in all dashes up to



Illustration 1 shows the proper position on the mark. You will notice the body is well forward and relaxed, the arms straight and the feet firmly against the back of the holes.

the hundred yards, but in the longer events the runner with a strong finish would seem to hold a little advantage.

While "form" in sprinting is not so essential as it is in the hurdles and field events, yet it is a very important factor and should be carefully studied and practiced. One should run naturally, with as little friction as possible, bringing the knees up high, the feet well out in front, running upon the toes, keeping them pointed "straight" ahead, and the feet should strike the ground with considerable force. The body should lean slightly forward with the head in a natural position. Co-ordination of mind and body is absolutely essential to success.

On Your Mark! There are a great many details concerning the start with which the sprinter should familiarize himself. First of all the holes should be properly located and properly dug, care being taken to get them deep enough to guard against tearing out as the sprinter leaves his

marks. They should not be dug with the runner's spikes, but with a putty knife or other sharp instrument. They should be almost perpendicular and the backs parallel with the starting line. The front hole should be about twelve inches behind the starting line, varying, of course, to meet the individual characteristics of the runner, and the rear hole should be about fifteen inches back of the front one. The runner should know the exact location of his starting holes so that no time will be lost in getting ready for his race. This arrangement will bring the knee of the rear leg, when on the mark, slightly past the ball of the front foot. The hands should be placed on the starting line with the thumb and forefinger touching the line, and should be about eighteen inches apart. The arms must be straight and the body leaning well forward, so as to eliminate all unnecessary motion in preparing for the next command.

Get Set! At this command the



Illustration 2 shows the athlete ready for the gun. This position is attained by simply raising the right knee off the ground a few inches (about 8" to 10"). As the body was as far forward as possible, when the athlete was on his marks, it is not necessary to bring it forward and up at the command "get set," but simply to rise from the ground. The back is parallel with the ground and the head is held in a natural position with the eyes looking down the course and meeting the ground at a convenient distance down the course.

runner should be in a position to act instantly and to acquire the proper position by simply raising the knee off the ground about eight to ten inches. Prompt action is absolutely necessary here, whereas one should take his own time in getting on the mark, always making sure that nothing has been overlooked to

make his position secure. When set the back should be almost parallel to the ground and the head should be held in a natural position. The legs should be relaxed and the runner's mind should be concentrated on the starter's signal.

Go! At this signal the body is driven forward with all possible

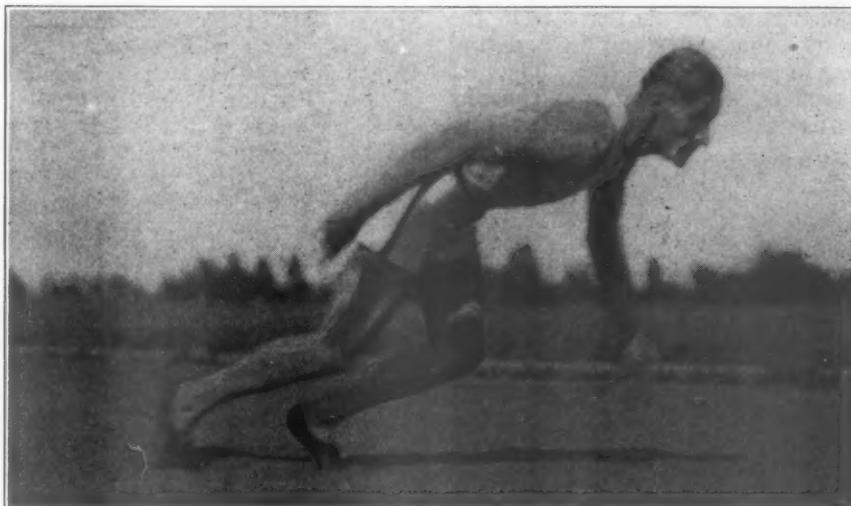


Illustration 3 shows the position of the body as the athlete prepares to take the first step. You will notice that the body is well forward and the arms have started their swing.



Illustration 4 shows the drive from the marks. You will notice the forward position of the body, the straightening of the left leg as the drive is made, and the full swing of the arms.

force. The greatest impetus comes from the front leg. The start is aided greatly by the proper use of the arms which are swung from the shoulder. The first step should be short, not more than fifteen inches from the starting line. If the first step is too long it will have a tendency to throw the body into an upright position, thus counteracting the effectiveness of the drive from the marks and will result in a partial loss of control of the body. The first few steps should be short and snappy in order to gain momentum as rap-

the season and then only on warm days and after having thoroughly warmed up. One should never do fast starting on a cold day, but should do "limbering-up" exercise and swing through his longer runs at a moderate pace.

On warm days the runner should go through a few short dashes, from thirty to fifty yards, in order to develop a fast "get-a-way" and finish the day's work with a longer run, from 120 to 150 yards at an alternating pace, running the last twenty-five or thirty yards at top speed. This teaches the runner to "pick up" during the race and to "gather" his efforts for the final burst of speed at the finish. One should also keep in mind that raising the knees high and swinging the arms a little more vigorously is a big help at the finish. The value of throwing the body forward at the finish is questionable and unless it can be properly done is not advisable. The line on the ground is the finish and not the tape, but most judges watch the tape.

The runner should breathe naturally during the race and not burden himself with some artificial system of respiration. A few good deep breaths before going to the marks are helpful. As the runner leaves the marks he naturally inhales a deep breath which should last him for about seventy yards in the hundred, at which time he should then inhale again.

The task of keeping a sprinter in "top" form after he has once "arrived" is a very difficult one. He should be almost at the top when his first intercollegiate meets begin and thereafter his races should be sufficient to keep him in condition. Very little heavy work should be taken aside from these races after mid-season. A sprinter cannot run the furlong, especially where there are several preliminary races, as is usually the case in the larger meets, and keep on "edge" for the century dash, which requires a much finer degree of "fitness."



Illustration 5 shows the runner just taking the fifth stride. You will notice the position of the body is not so far forward and the runner is getting into his natural stride.

idly as possible, and should increase in length as the runner gets into his natural stride, which he should do within ten or twelve yards.

Training—Pre-season work should consist of jogging and light running and no attempt should be made at fast work until the muscles are in shape to stand it. Some coaches advocate hiking for early season work, which, of course, is valuable as an exercise, but should not be indulged in after the meets begin. One should not do very much starting early in

PREPARATIONS FOR THE MEET

Importance of Organization and Management

IN some sections of the country Track and Field Meets are not so popular as Football and Basketball games. The reason why this is true, however, is almost always due to two things, viz.: lack of organization together with poor conduct of previous meets and further lack of education on the part of the spectators. Football, baseball and basketball games are each usually played in two hours' time or less. Track meets, even the so-called big meets, should be run off in two hours, but almost all of them are dragged out over three or four hours. If the coach would popularize track and field athletics in his school and city, let him start the meets on time, run the events off without any tedious delays, keep the crowd fully informed regarding the events and finish the program in two hours. The purpose of this article is to offer suggestions to the coach or manager regarding the preparations for the meet and the conduct of the events the day of the competitions.

Equipment for Field Events

It is of prime importance that all of the equipment required for the proper conduct of the various events should be provided and what is of equal importance should be in place at least an hour before the time set for the starting of the meet. Some of the equipment necessary for the field events is as follows:

1. Shot put circle with circumference marked by a metal, wood or rope band sunk flush with the ground. A toe board and a steel tape.

2. The discus circle properly marked, the sector lines well defined and a steel tape for measuring.

3. A hammer throw circle marked the same as the shot and discus rings, a sector and a measuring tape.

4. A javelin throw scratch line,

balk line fifteen feet from the throw line and a measuring tape.

5. The broad jump pit properly spaded, a take off board, the balk line and a steel tape.

6. A high jump pit, balk line, standards, cross bars, a spade, rake and steel tape.

7. Pole vault pit, balk line, standards, cross bars, stepladder, forked stick for replacing bar, steel tape, extra pins, spade and rake.

8. Scales for weighing implements, instruments for measuring implements and official stickers to put on approved implements.

Equipment for Track Events

The equipment for the track events is fully as important as the equipment for the field events. Among the items which should be provided and the preparations which should be made are the following:

1. Starting lines for all of the races, finish lines, touchoff zones, hurdle marks and competitors' lanes.

2. Hurdles for as many lanes as will be used and a few extra hurdles to be on the grounds available in case some of the others are broken. Further, a string which may be used by the hurdle setters as an aid in setting the hurdles in line.

3. Starter's pistol, blanks and a starter's whistle.

4. Clerk of the course cards and Kelley pool balls to be used in drawing lanes.

5. Finish yarn for the finish judges.

6. At least three stop watches all properly inspected.

7. Whistle for the referee or head finish judge.

8. Batons for the relay races.

9. A wooden hoe, which may be used for filling the holes after the start of each race in which the runners will pass over the starting holes.

General Equipment

Aside from the preparations for the conduct of the track and field

events the manager or coach should check over his list in plenty of time to see if the following items have been taken care of:

1. An announcer's megaphone.
2. The scorer's table or score board.
3. Competitor's numbers.
4. Badges for the officials.
5. A table on which the prizes may be placed.
6. Programs for the convenience of the spectators.
7. A press stand for sports writers.
8. Ticket sellers and ticket takers.
9. Ushers and program sellers or distributors.
10. Signs to mark the distances in the weight events and the broad jump.
11. Police to keep unauthorized persons off the track and field; to look after the comfort and protection of the spectators, to protect the ticket sellers and to guard the automobiles which are parked near the field.

Officials and Assistants

All that has been said so far has to do with the preparations which should be made before the time of starting the meet. After the meet has started its success depends upon the officials. As a general rule, officials are chosen who have little or no experience in conducting meets. It is well to use the same officials in all the meets on the home field in so far as possible and to train them for their various duties. If the officials are competent, if they take pride in working a good meet and if they remember that they are officials and not spectators, there is no reason why the meet should not be run off promptly and to the satisfaction of all concerned. The clerk of the course is very largely responsible for getting the meet started on time and for keeping the events up to the schedule. He should have clerk of the course cards which he will properly fill out at the start of

each race with the names of the starters, their numbers and lanes; while the starter is getting the men lined up after the drawings, the clerk should give the card to the Head Finish Judge. The latter at the conclusion of the race will write the names of the winners on the card, record the time, sign the card and give it to the scorer. The scorer will give the results to the announcer and besides it is well to send an official result card to the representatives of the press.

The Head Finish Judge and the Head Field Judge should ever be alert to speed up the meet and to see that there are no unnecessary delays.

In addition to the regular list of officials, the management should see that there are hurdle setters, attendants to keep the pits raked and spaded and a man whose duty it shall be to fill the holes after each race starts. This man may likewise assist in distributing the batons and in collecting them.

The Competitors

In well regulated meets the competitors are not allowed inside the enclosure unless they are actually competing. This means that they do not run along the inside of the track, coaching the men who are running or try to catch the runners at the end of their races. This latter, by the way, is not done in the big meets and should not be done in the school meets. This, along with sucking lemons before each race, has long ago been classed as foolish and useless by the foremost coaches.

Competitors should learn to rely upon themselves and in the big meets they will not need attendants at the scratch line or need the help of the coach on the field. They must learn that the success of the meet depends upon their co-operation in getting the events started promptly and should always remember that the crowd appreciates good honest endeavor and disapproves of unsportsmanlike methods.

FUNDAMENTALS FOR BASE-BALL COACHES AND PLAYERS

BY
CARL L. LUNDGREN

Baseball Coach
University of Illinois

Mr. Lundgren played on the Illinois teams in 1900, 1901 and 1902. These teams rank with any college baseball teams ever developed in this country. In 1903 he became a member of Frank Chance's famous Cub Team which was probably the best baseball machine ever organized. For the seven years that he was a Cub, his club won three National League pennants and two world's championships. Since leaving the professional ranks, Mr. Lundgren has coached at Princeton, Michigan and Illinois. Last year, his first at Illinois he won the Conference championship.—EDITOR'S NOTE.

THIS article contains compact solutions of several problems that the baseball player is called upon to solve instantaneously many times in every game. It should be remembered that the article contains general rules and may be taken as an absolutely correct foundation for teaching and playing the game. Some of the rules must be changed to some extent to fit at certain stages of a game, but generally speaking, they should be followed by all classes of players from the Major Leagues to the High School.

Fielding

1. Never forget the following rule, as it is one of the most important in baseball. Every man in the game should expect every pitched ball to be hit to himself and should know what he is going to do with the ball before the batter takes his position in the box. By observing this rule, players will never be caught asleep when the ball is hit to them.

2. Start fast to get under outfield flies as soon as possible and al-



ways catch the ball, when possible, in a position to return it to the infield immediately; if to the plate, always try to throw so it will be received on the first bound.

3. On all hits over the outfield, the nearest fielder should get the ball, another fielder should receive his throw, backed up either by the shortstop or second baseman, who should watch this fielder so as to know when to throw.

4. With one out or no outs, a runner on third base who, if he runs, will tie or win the game and the batter hits a long foul fly ball, the fielder should not catch the ball.

5. If well in the lead, don't pull the infield in with a man on third base with one or no one out. Allow a run for an out if necessary.

6. With your opponent's base-runner caught between bases, always drive him back to the base from which he came as fast as you can make him run and when 15 or 20 feet from that base, throw the ball. Try to catch him with as few throws as possible, unless the opposing pitcher is running. He should be kept running as long as possible.

7. It is important that outfielders should practice at least 75 per cent of their time on long fly balls over their heads.

8. When backing up a play, al-

ways play at least 50 feet away from the man you are backing up.

9. On all ground balls hit to right field, the pitcher should always cover first base, never forgetting to tell the first baseman that he will do this. This play should become second nature to the pitcher, as it allows the first baseman to field every thing within his reach with the confidence that the pitcher will cover first base to complete the play.

10. With a man on second, the batter makes a hit and baserunner tries to score from second, the pitcher gets in line of the throw to the plate at about 60 feet from the plate. If the catcher can decide that the throw will not catch the baserunner at the plate, he should tell the pitcher to cut off the throw and either catch the batter at second or prevent him from going to second. The first baseman should cover first base. With a man on first base and a base hit to any field and the runner is trying to go to third base, the shortstop should place himself as pitcher was instructed above and if told by the third baseman to take the throw he should endeavor to retire batter going to second or hold him at first base.

11. On fast men, play the left side of the infield a little closer in than they usually play. Also on left-handed hitters, play closer in. Infielders should use judgment in placing themselves, always remembering that they must have sufficient time to retire batters at first if they field the ball. Never play too close in on a man who never bunts or on a man who cannot run fast. With very few exceptions, a man will not bunt who has two strikes called on him.

Batting

1. As a usual thing, the first batter in an inning should wait out a pitcher as long as he can safely, to give the pitcher a chance to get wild and to give as much work to do as possible.

2. Unless men on bases won't tie or win, with first or first and second occupied, with no one out, the batter should sacrifice.

3. Second and third or second or third occupied, the batter having two balls and no strikes, should not take a strike. Hit the ball if it is good. But if the batter gets three balls and no strikes, he should take one and try to get a base on balls. Often it is advisable to hit with three balls and no strikes.

4. If the batter has no strikes called on him and he sees that a base-runner on second is stealing third, he should help the baserunner by making a bluff bunt, hoping to pull the third baseman in. This requires quick thinking and action.

5. With one or two outs and nobody on base, hit whenever you get the pitcher in the hole if the ball is good.

6. Don't swing hard when you play, hit and run; try to keep the ball on the ground and, if possible, in the direction of right field, thereby decreasing the chances of a double play.

7. In all close games, a runner on first and two men out, the batter should give the baserunner a chance to steal, but never take more than one strike. If several runs behind, the baserunner should let the batter hit, as more than one run is needed to win.

Base Running

1. With the baserunner occupying first base, and with two men out, he should always attempt to steal unless the pitcher, who is batting in last place, is at bat. In that case let him hit because, if he is retired, you start the next inning with the top of your batting order up.

2. Unless two men are out, hold third base on all hits to the outfield until you know positively whether or not the ball can be handled. If the ball falls safe you can walk in and

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ARE CENTER PLAYS NECESSARY?

BY
C. L. PARSONS
Director of Athletics
Colorado College

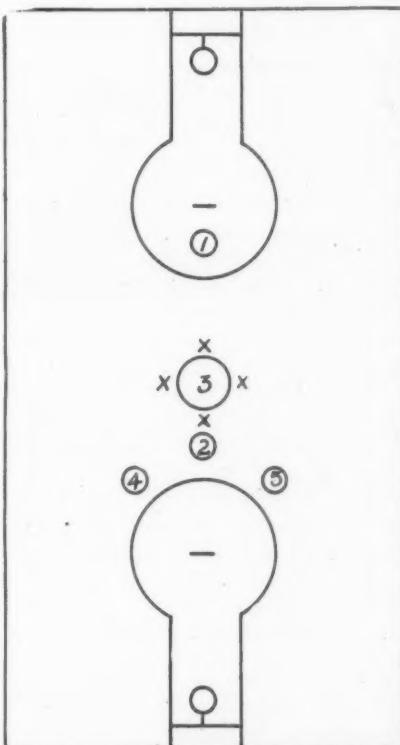
*Mr. Parsons graduated from the University of Iowa where he won nine letters in football, basketball and track. He was a star on all three teams and contributed much to the success of the teams. He coached for two years at Trinity College, Sioux City, Iowa, coached one year at Colorado School of Mines, then entered the service for the war. He is now finishing his third year as coach of all sports at Colorado College. His Basketball teams for five years have won an average of 72.3% of all games played.—
EDITOR'S NOTE.*

COMPLETING a championship season without a definite tipoff play from center has convinced me that unless you have a center who can absolutely control the tipoff at all times, the following system will warrant a trial from coaches with average jumping centers.

The centers in the Rocky Mountain Conference in the past season have jumped on an equal basis to such an extent that the tipoff was always in doubt in any game. During the preceding season I found that after controlling the ball in one game and not in the next meant that our team was disorganized from the very first play.

Taking a Y formation on the tipoff, No. 1, the left forward, lined up at any place in our half of the floor which he thought would keep the opposing guards worried. This man gave the signals. The center, No. 3, had four places (X) to which he could be signaled to tip the ball. Directly in front, behind, to his right, and to his left.

Numbers 4 and 5, the guards, would line up even with the outer edge of the foul circle and about four yards from the center of the floor on each side. No. 2, the right forward, lined up about half way between the center circle and the outer edge of the foul circle directly behind the center. Two men were always fighting for the ball with two men breaking for the basket when the ball was tipped to the spot signaled, although no man was designated to get the ball, making it a



problem to work out on the spot. One guard was left back and if the opponents controlled the tip off, we were contesting for the ball the same as ever. The element of having nothing more definite than a point on the floor where the ball was to be tipped if the jump was successful had the men in a determined frame of mind to get the ball if the opponent outjumped our center. Being used to working out the play

(Concluded on Page 25)

BLOCKING AND CLIPPING

BY
A. B. WIMBERLY

Director of Athletics
Illinois Wesleyan University

Mr. Wimberly played center, tackle and guard on the Washington and Jefferson football team for three years and was given a place by leading Eastern football critics upon the All-American team as a guard. He coached at Westminster College, Wilmington, Pa., for two years and this last year has coached football and basketball at Illinois Wesleyan University. He is a close student of the game and his observations on Blocking and Clipping will be of value to coaches who are now conducting spring football practice.—EDITOR'S NOTE.

THE two phases known as Blocking and Clipping have in recent years received a great deal of attention from the rules committee and from the coaches who have the best interests of our great collegiate game at heart.

During the years subsequent to the change in the rules which introduced the forward pass and the open style of play and which did away with the old mass formations, the coaches were compelled to do a great deal of experimenting to find some means of offsetting the advantage that the defense had over the offense, in that the men on defense were allowed to use their hands while the men on offense were permitted to use the body alone in checking or blocking an opponent. It was during this developmental period that both Clipping and Blocking were developed to the greatest extent. In developing Blocking and Clipping there is always the question of the objective, namely, is the block designed to injure an opponent or to keep him out of the play. Although the coaches in the colleges and schools must depend very largely upon their percentages in the "won column" to hold their positions, yet very few of them would stoop to anything dishonorable or employ



methods that would be injurious to football, as the majority of the coaches are college men and have been thoroughly imbued with the ideas of good sportsmanship.

In this article I will endeavor to outline both Blocking and Clipping in a limited way, and to give to some extent the methods in which they may be employed on the field. First, in discussing Blocking three methods that are most frequently used will be dealt with.

(1) The Side or Hip Block.—In this one man is sent directly at an opponent, taking him at the front and side at the same time, striking him just below the waist line. The man on offense must depend upon the momentum of the attack to carry him through the opponent's body, thus forcing him to the ground or at least detaining him long enough to allow the play to pass. In the illustration, the blocker has both feet on the ground and is shown at the moment of interposing his body between the man on defense and the runner. There have been a few men who could leave their feet and take an end out of the play by hurling their bodies against the opposing ends, but the beginners can seldom execute this satisfactorily. However, there is nothing prettier in football than a player being blocked out of a play by this method when it is properly executed.

(2) Front or Roll Block.—This is accomplished by the player being

sent directly at an opponent. The former throws his body directly in front of the player being attacked and endeavors to catch him just below the knee with his body, at the same time giving the body a rolling twist, which is carried through with the object of driving an opponent's feet from under him. This attack must be executed with much speed and accuracy, as otherwise the defensive player will hurdle the blocker or by using his hands will force the attacking player to the ground and then go on his way unmolested.

(3) The Two-Man or Smothered Block.—This is commonly used in taking an end out of the play in an end run and is the most effective means of blocking. It is accom-

reason of distance alone. This form of blocking is sometimes executed by having the first man who hits the end go low and by trying to have his feet take the end's feet out from under him. The other back blocks high.

There are many other forms of blocking, but they are usually applicable to line play and as this article has to do only with open field work, I will not attempt to describe them here.

While blocking is an absolute essential to a successful running attack, clipping is an evil which the rules committee has been attempting for the past several years to obliterate. Clipping in the open is simply attacking an opposing player from



plished by sending two men directly at the end. These men on offense carry the end away from the point of attack by pinching his body between their bodies and thus they smother him to the ground and make it possible for the play to go around them. This means of blocking, of course, may be resorted to only when the point of attack is in such a position as to place some of the defensive players out of the play by

the rear by allowing him to pass and then throwing the body across his legs back and below the knee joint. This is commonly called ham-stringing a player and often not only puts that player out of the play, but out of the game with a severe injury. This form of play has caused more severe injuries to players in recent years than any other mode of attack, the resulting injuries being disloca-

(Concluded on Page 30)

The ATHLETIC JOURNAL

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JOHN L. GRIFFITH, Editor

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ATHLETIC EMPHASIS

Some Physical Educators are concerned lest athletics crowd out all of the other activities which go to make up the Physical Education Program. Of course it is quite natural that the man who is specially trained in conducting classes in formal gymnastics should feel that his work is more important than the work of the wrestling coach and the latter is convinced that wrestling is a far better sport than basketball, just as the Greek Professor is worried because the students of today turn from the classics for the sciences and the Science Professor is sorry to see his students take time from the study of science to study history or language and the Language Professor maintains that academic credit should not be given for shop work in engineering or field work in agriculture.

The Athletic Journal believes first that the schools and colleges should have complete departments of Physical Education. It considers athletics as a term applying to certain activities in the department. There are generally speaking two divisions of athletics in the school and colleges, viz., inter-school or inter-college athletics and intramural athletics. It believes that the man who graduates from college without some formal gymnastics after having competed for four years in athletics has missed something worth while and that the gymnast who has had no athletic training has failed to get a very valuable form of training which is not to be had in formal gymnastics alone.

However the Journal further believes that the American people prefer to give expression to their physical selves in terms of our favorite sports rather than in the shape of mass physical drills and exhibitions. The German people before the war showed marked preference for the latter method of physical training but today are turning more to athletic sports.

Before the war the United States Military Academy authorities and many of the army officers in command of troops placed the emphasis upon the so-called "Physical Exercise" drills rather than upon athletics. Today while the setting up drills are still featured, and rightly so, yet both at West Point and in the posts athletics are considered a necessary part of military train-

ing. The Commanding Officer of one of the National Guard Divisions in the war recently stated the change that had come about in the consciousness of army officers when he said, "Athletics as a real contribution to military training is not entirely a new departure, but, heretofore, it has been used in the army for recreation and physical upbuilding, rather than for its direct military benefit. At this camp the military authorities believe in the use of organized athletics as a direct contribution to the training of soldiers. Athletics develop initiative, agility, co-ordination, aggressiveness and endurance. Added to this, they teach quick, accurate thinking under stress. The notion that athletics in the camps is only for exercise and recreation is erroneous."

The Journal believes that if we are ever to have anything like universal physical training in this nation that the activities will be largely centered around our games. It believes that the playing of these games should be encouraged, that the teams should be properly coached and quite naturally that any attendant evils should not be countenanced.

Let there be no jealousies between instructors in Physical Education Departments. The boy who has had the best course in physical training will be the one who has a good set up and proper carriage; he can run, jump, throw, swim, shoot, ride, box, wrestle and besides he has had some of the splendid training and discipline which goes with football, baseball and basketball.

ETHICS IN ATHLETICS

What determines standards of sportsmanship in athletics? Here in America rooting is taboo in golf, but is accepted without question in football, baseball and basketball.

It is regarded as good baseball for the team in the field to slow up the game to help out a tired pitcher or one who is being freely hit. In boxing the boxer who stalls for time until his head clears up when he has received a blow that has dazed him, is credited with having good ring sense. In football most coaches and officials consider it perfectly proper for a quarterback to stall for time when his team is in the lead and it is late in the last quarter. Is it fair for a basketball team to freeze the ball in the back court or otherwise kill time for the purpose of playing safe when in the lead? In the Western Conference the officials, coaches and players accept this play as part of the game and do not object to the practice.

If the officials, the rival coaches and the contestants accept a certain play or practice as sportsmanlike, it may generally be regarded as ethical. Where the game suffers because of certain accepted practices, the rules committees should take cognizance and rule accordingly.

Pennsylvania's Relay Carnival and the Development of Relay Racing in This Country

BY
GEO. ORTON
Director of Pennsylvania Relays

THE origin of the relay race, as it is known to all sport lovers of today, is not definitely settled. It is true that in the early days such as at the time of the Declaration of Independence or the great victory at Yorktown, the news was spread by a series of relays throughout the entire country. A horseman would carry the news until his horse was exhausted and then another horseman would take up the trail. The Pony Express in the West also was a relay system. The history of Marathon racing, for instance, goes back definitely to the time when the great victory at Marathon was taken to the Greek capital, but no such definite historical event can be found for the origin of the relay race. The development of the sport, as it is now known in this country and practically all countries where track and field athletics are found is traceable to the institution of Pennsylvania's Relay Carnival in 1895. Mr. Frank B. Ellis, a Pennsylvania graduate,

conceived the idea as he thought that the team idea of relay racing would lend a lot of enthusiasm to track sports. The first carnival was held in the above year at the opening of Franklin Field, and though few colleges and schools competed, it was a great success. Harvard University has the credit of winning the first one-mile relay championship and it will be news to many to know that the original Harvard team was of such high class that it could have given a great account of itself in any of the races that have been held since that time. In its ranks, the writer remembers there were three men, Vincent, Bingham and Hollister, all of whom had beaten fifty seconds. Hollister, on leaving college, was the holder of the Harvard record at 48. 4/5 sec. and the one-half mile at 1 min. 54 3/5 sec.

The relay idea at once attracted the attention of the public and in the carnival's second year, double

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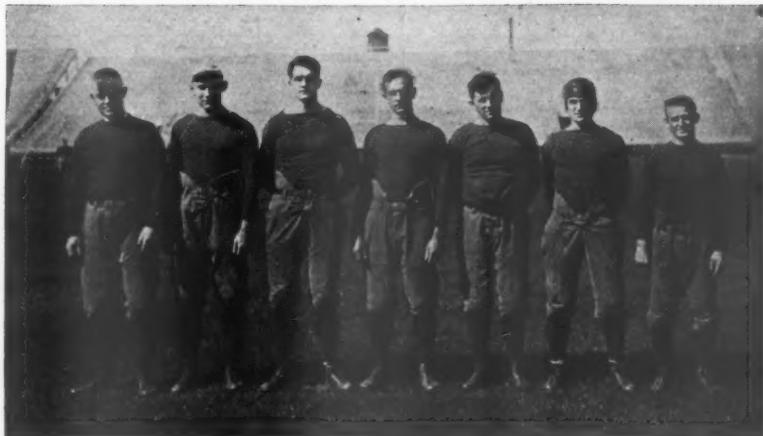
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FIELDING H. YOST, Director

the number of teams competed and it was considered to be by far the biggest meet of its kind in the world at that time. A five-mile championship was put on the program and resulted in a sensational race which at once showed the popularity of distance relay racing. In 1897 a two-mile championship was put on and the longer race was changed to four miles. It was not until 1899 that the special events were put on the Relay Carnival program, and in addition that year, a preparatory school championship was also added to the program. It will be rather

in the history of track and field sport. In 1916, because of the very large number of teams desiring to compete at the Carnival, it was necessary to give two days to the meet. Coincident with this, the sprint medley and the distance medley relay championships were started and the pentathlon or the all-round college championship was also held for the first time. It now looks as if in only three or four years more it will be necessary to have a three day's meet in order to include all the schools and colleges that desire to compete. The list of champion-



a surprise to most people to know that even in 1899 track athletics in our high schools were so poorly developed that only two high school races were on the program and that it was not until 1901 that the high school championship race was started. Since that time, however, athletics in all our high schools have been made a part of the educational system so that today there are more high schools attending the Relay Carnival than any other class of teams.

As time went on, the Relay Carnival became more and more popular. In 1914 the University of Pennsylvania brought over an Oxford four-mile team which succeeded in winning that event after one of the most exciting and closest races

ship events, both for colleges and schools, has now been made complete with the addition this year of a one-quarter mile and one-half mile intercollegiate relay championship and the addition of a sprint medley and the two-mile interscholastic race for high schools and preparatory schools.

From the central idea so well exemplified by the Pennsylvania Carnival, relay racing has spread until now we find relay races on practically all athletic programs, while sectional relay carnivals are held at Drake University, the University of Washington and a very fine indoor meet at the University of Illinois. Mr. G. D. B. Rudd of Oxford, who was the Captain of the two-mile relay team which com-

peted here in 1920, was so taken with the idea that this year he has started a big relay carnival in London, England, copied after the Pennsylvania Carnival.

Many people have asked how it is that the University of Pennsylvania Relay Carnival has come to be such a wonderful event. The early success of the Carnival was due to the attention to detail and the honesty of effort of Mr. Ellis, who originated the Carnival. These ideas have been held to ever since so that the meet is considered to be the best run athletic meet held any place in the world. This is recognized now so much so that each year hundreds of physical directors visit the Relay Carnival to study on the spot the management of the games.

The fact that teams from the entire country come to the University of Pennsylvania's Carnival gives to this meet an importance that is attached to no other meet. The very finest college athletes of the country assemble here each season so that it is no wonder that in the relay racing field one finds that all the relay racing records have been made on Franklin Field at the Carnival. In addition, in the special events, there have been many world and college records made during the last fifteen years. A very high standard of performance is seen in all the events and the interest of the general public is very keen as shown by the large crowds which turn out for this Carnival.

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THE DRAKE RELAY MEET

BY

K. L. WILSON
Director of Athletics
Drake University

RELAY racing has become one of the most popular athletic events in our schools and colleges of today. A prominent man in athletics in the nation recently suggested that a relay race was the most intensely interesting athletic activity that we had on our program and that basketball probably came second. The reasons why the Drake Relays have become nationally prominent might be suggested as follows:

First, Des Moines is a city of 128,000 people, the citizens of which are loyal supporters of track and field athletics. Although the Drake Relay Meets have always come on the third Saturday in April, yet the attendance compares more than favorably with the attendance at any of the conference meets in the United States, and the latter usually come when the weather is more propitious and there has been more time to develop interest in the contestants.

Further, Des Moines is easily accessible to the members of the Western Conference, the Missouri Valley Conference, and other conferences and associations in the Middle West.

Secondly, the Relays at Drake have flourished because the Drake management has always either guaranteed the expenses of the visiting teams or has prorated all of the profits among the visiting institutions.

A third reason why this meet has been a success may be attributed to the officials who year after year have worked to the end that the meet



shall be run off as expeditiously as possible and, further, that every contestant shall have a fair competition.

Fourth, there is the matter of organization. Long before the meet is held, committees are appointed to look after certain definite things, and this, by the way, may offer a suggestion to the coaches who read this article in that it may help them in planning their big meets. These committees take care of such items as the program, the entertainment of visiting teams, the officials, etc. Then the director designates certain persons to be responsible for such things as the preparation of the grounds, the handling of the advance sale, the advertising, the assembling of equipment, and all of that.

In the fifth place, the Drake management has always considered the spectators' side of it when planning for the Relay Meets. This is something that often is overlooked by school authorities when conducting county, state or sectional meets. The American people like to see their athletic contests run off with snap and precision and will not patronize track meets in places where the programs are allowed to drag. The Drake Relays have always been run on a time schedule, and in all the years that they have been conducted they only once or twice have finished more than a very few minutes behind the schedule. Further, the program is always short enough so that the spectators do not tire of the contests. In this connection, the men in the stands and the women, too, for that matter, like racing, but do not appreciate to any extent the field events. Consequently, the Drake Relays have been very largely de-

voted to relay racing. On the other hand, the coaches like to give their men competition in the same events in which they will compete later on in their dual and sectional meets. Therefore a certain number of individual events are always on the program.

These observations are freely passed on to those who have been concerned with the problem of popularizing track and field athletics in their schools.

The Drake Relays, which for years have been regarded as one of the classic events in the track world, promise this year to eclipse all former records and be by far the best outdoor relay meet ever held in the West.

The changing of the date to April 28th and 29th, a week later than usual, has met with great approval by the Western institutions. It shortens the outdoor track season considerably and gives more time for outdoor preparation.

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place to hold a track meet. The track is one of the fastest cinder tracks in the United States and has been carefully worked over this year. The track and field are below the rows of seats, which makes it possible for every spot in the enclosure to be easily visible from any part of the stadium.

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The Drake Relays are the big athletic event of the year in Des Moines and the attendance has been very large in past years. Large sections of tickets have already been disposed of in the neighboring cities, from which they are sending big delegations of rooters to see their teams in action. All the large institutions that will be represented here have alumni clubs who will be given various sections of the stadium to seat their friends.

A banquet will be tendered to the visiting athletic directors and coaches Friday night by the City of Des Moines. Several speakers of national prominence will give addresses, and the dinner promises to be a very unusual feature.

A large number of special events have been added. Judging from the enormous entry lists that have already been received, these have met with great approval by the coaches and athletes.

The list of special events is as follows:

- Shot Put
- Discus Throw
- Javelin Throw
- Pole Vault
- High Jump
- Broad Jump
- 100-yard Dash
- 120-yard Hurdles
- 440-yard Hurdles.

Another added feature will be the 440-yard relay. This was one of the

most spectacular events in the Olympic Games, and furnishes the most exciting kind of competition.

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University Section—

- Half Mile
- One Mile
- Two Mile
- Four Mile
- 440 Yard

College Section—

- Half Mile
- One Mile
- Two Mile

High School Section—

- Half Mile
- One Mile
- Two Mile
- Shuttle Race
- Medley Race.

Team trophies will be given for the winners of the relays, with gold, silver and bronze medals for the individual runners.

For the special events, gold watches will be given as the first prize, with silver and bronze medals for the second and third prizes.

The proceeds of the meet will be pro-rated among the visiting teams, according to the number of men who compete and the distance traveled. To avoid any chance for loss in case of rain, a large amount of rain insurance has been taken out.

It is the purpose of the Drake University Relay Committee to make this the greatest meet in the country, and there has been nothing left undone in working out the plans. The best athletes in the country representing institutions from all parts of the Western and Southern States will be in attendance.

Question: R. S., Conn.—Do you place much stress on keeping the right (or shot) hand back while the reverse of the shoulders is being made?

Answer: Yes, this is a very important point.

ARE CENTER PLAYS NECESSARY?

(Concluded from Page 13)

when the ball from center was obtained, made the team more alert and determined to get the ball under all conditions. It also made them think for themselves and work together in a manner that is not noticeable in cut and dried plays, particularly when the break goes against you at center.

Coaches with rangy centers that have outjumped all opponents and whose plays run true to form may not agree with this article. This system will prove its value to the coach that is confronted with the problem of trying to develop center plays when he knows that he is without the services of a consistent jumper.

Question: R. M., Ga.—Should you make a slight pause between the turns in the hammer?

Answer: The turns should be executed with as little pause between as possible.

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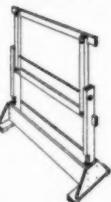
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(Concluded from Page 12)

if it is caught or muffed, you are in the best possible position to score.

Exception to No. 2. If the fly ball is hit real short, so that there is no chance of scoring if the ball is caught, then run up the line as far as you can and still be able to return to third safely if the ball is caught. If it is missed, the runner should score.

3. Take the turn at first base on long hits and run inside of the bases all the way round. Don't run against the opposing fielders if they are in the way, but use them as a pivot to turn around. On hits to outfield, whether safe or not, take a big lead toward second, as you can often turn a single into a double due to the slowness of the outfielder. This is especially true of a fly ball error. Make opponents in a close game take the outside of the base.

4. First or first and second base occupied with two men out, the batter having three balls and two strikes, the baserunner or runners should start for the next base.

5. When the baserunner gets the signal to steal, get a good lead, so as to be able to steal the base clean, should the batter miss the ball. Keep your head up and eye on the play so as to return to the base if batter hits a pop fly. If the batter makes a base hit, your good start and the fact that you are on the run, should enable you to take an extra base in many cases. If the ball is hit into the air toward an outfielder, stop between bases and be ready to advance if the ball is missed or to return if it is caught.

6. When the opponents try for a double play at second, the man put out at second should continue to third, hoping to draw a throw from the first baseman.

7. If second and third are held by runners with one out, and the

batter hits a ground ball to the infield, the man on third should come home as hard as he can, but he should know where the ball is all this time. If he sees that he is caught, he should stop and run up and down the line, so as to allow the batter time to advance to second, thus leaving the field in the same position after having taken a chance on scoring a run. The batter must remember to go to second with all possible speed, but must keep an eye on the play while making the attempt.

8. With no one out, play safely, but always be ready to score in case of the ball getting away from an infielder or catcher; always have a good lead and figure your speed as a runner in all chances to advance.

9. The batter having three balls and no strikes, the man on first should not attempt to steal.

10. Do not play hit-and-run too often in a game. Let the runner take a chance once in a while without the batter's aid, especially in case of slow battery work, that is, big motion of the pitcher, or a slow pitcher, or a poor thrower, etc.

11. With a man on first and third, the man on first goes to second, the man on third makes a bluff to draw the short throw, and watches for a poor throw from the catcher.

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THE TREND OF ATHLETICS

THERE are those who are inclined to believe that in the "good old days" of athletics, meaning our athletics of a generation ago, conditions were much better than they are at present. Walter Camp in a recent address in New York City touched upon this point in the following words: "Sometimes people rage against the tremendous organization of athletics. What happened before we had organized athletics? Then we had the town and gown riots. You can tell by the fines in college what we had. A man was fined two shillings and six pence for going skating. He was fined two shillings and six pence for having liquor in his room. He was fined three shillings and six pence for having people of dissolute character in his room. All that sort of thing has pretty well gone out with organized athletics, and that is one of the things for which it should have credit."

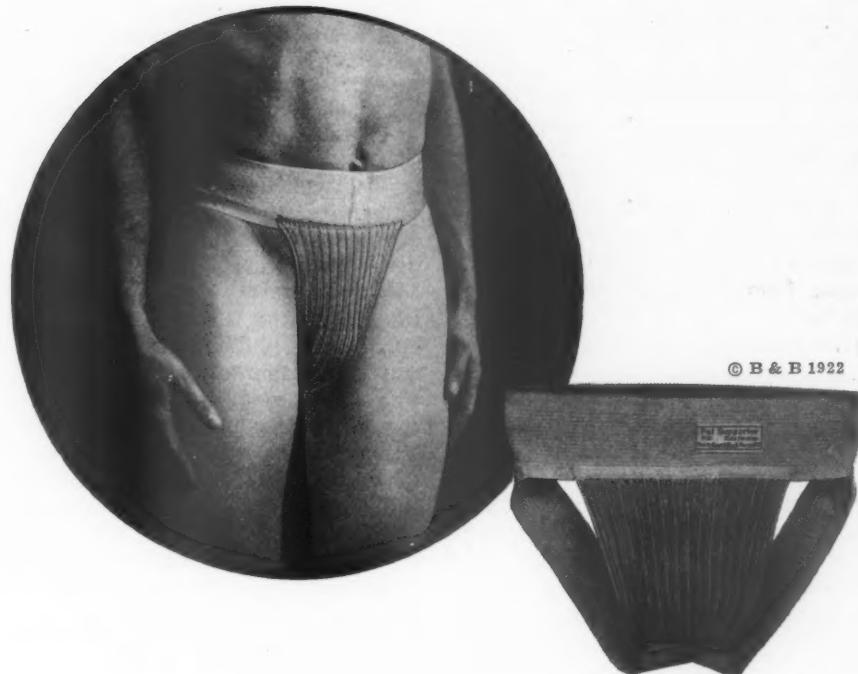
Dean Thomas A. Clark in his book, "Discipline and the Derelict," remarks: "The athlete in college was not always so worthy of emulation as he is at present. I do not have to go back farther than my own college days nor even so far as that to recall instances of men who found their way into colleges for the sole purpose of developing or exhibiting their physical powers, of making an athletic team and without any intention of adding to their intellectual strength. I, myself, can recall a big hulk of human bull who had been employed about town in driving an ice wagon and who was drafted by a few local enthusiasts to enter college in order that he might play center on the football team. He was a crudely impossible yokel and unfortunately of little use, for he had no brains to manage his brawn and proved more of a hindrance than a help. Such proceedings as his are happily at an end in self-respecting colleges, and

the athlete of today is a very different character morally and scholastically than he once was."

Dean Clark further makes the following very interesting observations regarding the athlete and athletic training: "The athlete sometimes excuses his too vigorous participations in physical affairs to the consequent detriment of his studies on the ground that it is for the good of the college—it is all for the love of Alma Mater. There is very little to such talk. The real athlete is such from pure love of it. He longs for a fight; he enjoys being in a contest; he is overflowing with strength and animal spirits." Regarding the first statement in this quotation, while it is undoubtedly true, yet there is a certain amount of loyalty to the school and university which is engendered through athletics and athletic competition. Further the men work harder to make a team in the institution where a high regard is held for athletic attainments. This is what the student calls school spirit or what the educationalist calls the psychology of interest.

Regarding the value of athletic training, Dean Clark has this to say: "The student who would be an athlete learns first of all that if he would keep up his studies and not neglect his athletic training he has little time to waste; if he would succeed, he must learn concentration, he must utilize every available minute."

As to other training values, he suggests, "In addition to the refusal to accept defeat which becomes a part of the character of a real athlete is the training in judgment and quick decision which a man gets. The athlete has little time to decide on his play in any game. He must gauge a ball, or determine upon a play instantly, and his decision must be right or he will endanger or lose the game. He cannot stand around looking for a hole in the line; he



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must be through it the instant he has discovered the weak spot. He must solve his opponents' play almost before it is made and must learn at the same time to assist his fellow players in the work which they are doing. He is trained in accuracy, in alertness of mind, in quick decisions. He cannot give up when he is tired, he cannot fall out when he is hurt, he must fight the game through to a finish with spirit and enthusiasm. Four years of this sort of training, I am convinced, leaves an ineffaceable stamp upon a young fellow's character and is seen in his business methods in after life. It was a very significant fact to me that more than ninety-five per cent of our athletes who were in attendance at the various Reserve Officers' Training Camps of the country in preparation for the war, received commissions at the close of the camps. They had learned to follow directions, to obey, and to fight."

Concerning the comparison of the athlete's grades with those of the average students, Dean Clark has compiled some figures which show that although the athlete devotes a great deal of his time to training for the team, yet he averages higher grades in his studies than the general average of the other students.

In concluding his chapter on the athlete this same writer who probably more than any other college officer in this country has had an opportunity for studying undergraduates and undergraduate life, adds, "As I have seen the athlete, his training is worth all that it costs to him, to the college authorities, and to the undergraduate body as a whole, in the development of character, in discipline, in college loyalty and in the binding together of the students as a whole."

The words just quoted are not those of a man who is engaged in athletics and consequently possibly prejudiced in favor of his chosen field of work, but rather of a man who sees athletics in their relation

to the entire university and viewing them from his vantage ground places his stamp of approval upon them.

BLOCKING AND CLIPPING

(Concluded from Page 15)

tion of the knee, sprained ankle, pulled tendons or ligaments, and sometimes broken bones. This is accomplished with comparatively little chance of the attacking player being injured and without giving the player who is being attacked an opportunity to defend himself. This in itself is against the spirit of fair play and, consequently, against good football ethics, and in my estimation the rules committee is justified in making clipping from behind a foul and ruling it as unnecessary roughness.

It is evident that the team that is well coached in the art of successful blocking is a team that will win the large majority of its games and at the same time be a credit to the name of Football, for there is nothing more thrilling than a well-oiled running attack that simply bowls over the opposition and at the same time plays the game according to the strictest letter of the rules. This can be accomplished if the coach will go into detail and explain the most minute phases of blocking, providing the players have the spirit to win, work as a team, and sacrifice individual glory for team play. The average coach would rather have one man in his backfield who is a good blocker than two men who are good at carrying the ball, but think they have nothing to do while the other fellow is running with the ball, and there are many players of this type.

Question: H. B., Penna.—I have seen some men throw the hammer with the low point at the right side, not in front of the right foot. Is this good?

Answer: This is alright providing the man can make his turn complete and is not carried to his left in making the turn.

Question: L. E., Iowa.—What can you do with a pole vaulter that just swings up and does not push or pull up at the end?

Answer: It is probably because his arms are weak. He should take arm exercises.

Question: F. E. D., Virginia.—In football is it within the rules for the center to carry the ball back and give it to a backfield man and then run interference for him?

Answer: The play is illegal. Rule XIV, Section 1, provides that "The ball shall be put in play by a scrimmage unless otherwise specifically provided"; and Rule VI, Section 3, defines scrimmage as follows: "A scrimmage takes place when the holder of the ball places it flat upon the ground with its long axis at right angles to the line of scrimmage and puts it in play by snapping it back. The scrimmage does not end until the ball is dead."

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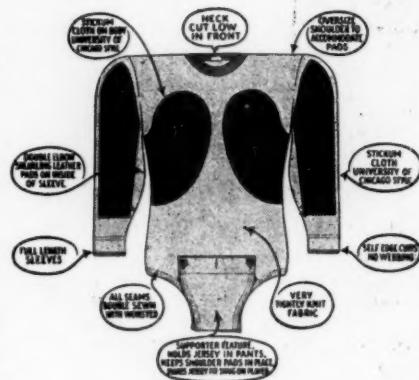
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